

Amendments to the Claims:

This listing of claims will replace all prior versions, and listings of the claims in the application:

Listing of Claims:

Please amend the claims as follows:

Please amend the claims as follows:

1. (Currently Amended) An apparatus, comprising:

a reversible pedal body having first and second surfaces, wherein said first surface is adapted to contact an associated foot, said second surface is adapted to contact an associated shoe, said pedal body having a front oppositely disposed from a rear, said pedal body having first and second lateral edges extending between said front and said rear, said pedal body having a longitudinal axis and a transverse axis, said pedal body being operatively connected to an associated exercise device, said pedal body further comprising a first weight and a second weight operatively connected to said pedal body, such that one of said surfaces faces substantially upwards as said pedal body approaches an equilibrium position, said first weight and said second weight being oppositely disposed and substantially equidistant from said transverse axis, said pedal body further comprising a third weight and a fourth weight operatively connected to said pedal body, said first weight and said second weight being oppositely disposed and substantially equidistant from said transverse axis; and

securing means operatively connected to said pedal body, said securing means adapted to limit movement of an associated foot relative to said pedal body, wherein said securing means is

adapted to rotate about said pedal body such that an operator can position an associated foot on either said first surface or said second surface to utilize said securing means without removing said securing means from said pedal body.

2. (Original) The apparatus of claim 1, wherein said first surface is curved.
3. (Previously Presented) The apparatus of claim 1, wherein said first surface further comprises a concave portion and a convex portion so as to substantially conform to an arch of the foot.
 4. (Original) The apparatus of claim 1, wherein said first surface further comprises:
a front edge substantially flush with said rear of said pedal body; and
a rear edge substantially flush with said front of said pedal body.
5. (Original) The apparatus of claim 4, wherein said front edge is left or right directional.
6. (Withdrawn) The apparatus of claim 1, wherein said second surface further comprises:
a front edge, wherein at least a portion of said front edge is recessed from said rear of said pedal body; and
a rear edge, wherein at least a portion is recessed from said front of said pedal body.
7. (Withdrawn) The apparatus of claim 6, wherein said front edge is right or left directional.
8. (Original) The apparatus of claim 1, wherein said second surface comprises tread.

9. (Original) The apparatus of claim 1, further comprising securing means operatively connected to said pedal body, wherein said securing means is adapted to rotate substantially 360 degrees around said pedal body.

10. (Original) The apparatus of claim 1, further comprising securing means operatively connected to said pedal body, wherein said securing means is adapted to rotate substantially 180 degrees around said pedal body.

11. Cancelled.

12. (Currently Amended) A foot pedal for an exercise device, comprising:
a reversible pedal body having first and second surfaces, wherein said first surface is adapted to contact an associated foot, said first surface being curvilinear, said second surface is adapted to contact an associated shoe, said pedal body having a front oppositely disposed from a rear, said pedal body having first and second lateral edges extending between said front and said rear, said pedal body being operatively connected to an associated exercise device, said pedal body having a longitudinal axis and a transverse axis, said transverse axis being perpendicular to said longitudinal axis, said pedal body further comprising a first weight and a second weight operatively connected to said pedal body, such that one of said surfaces faces substantially upwards as said pedal body approaches an equilibrium position, said first weight and said second weight being oppositely disposed and substantially equidistant from said transverse axis, said pedal body further comprising a third weight and a fourth weight operatively connected to said pedal body, said first weight and said second weight being oppositely disposed and substantially equidistant from said transverse axis; and
securing means operatively connected to said pedal body, said securing means adapted to limit movement of an associated foot relative to said pedal body, wherein said securing means is

adapted to rotate about said pedal body such that an operator can position an associated foot on either said first surface or said second surface to utilize said securing means without removing said securing means from said pedal body.

13. (Original) The foot pedal of claim 12, wherein said first surface further comprises a rear edge, said first surface having a concave portion transitioning into a convex portion.

14. Cancelled.

15. Cancelled.

16. (Original) The foot pedal of claim 12, further comprising securing means operatively connected to said pedal body, wherein said securing means is adapted to rotate 360 degrees about said pedal body.

17. (Original) The foot pedal of claim 12, wherein said second surface further comprises tread, said tread adapted to provide friction engagement with the shoe.

18. (Previously Presented) A reversible foot pedal, comprising:
a pedal body having a first surface and a second surface oppositely disposed from said first surface; and,

securing means operatively connected to said pedal body, said securing means adapted to limit movement of an associated foot relative to said pedal body, wherein said securing means is adapted to rotate about said pedal body such that an operator can position an associated foot on either said first surface or said second surface to utilize said securing means without removing said securing means from said pedal body, said pedal body having a longitudinal axis and a transverse axis, said transverse axis being perpendicular to said longitudinal axis, said pedal body further comprising a first weight and a second weight operatively connected to said pedal body, such that one of said surfaces faces substantially

upwards as said pedal body approaches an equilibrium position, said first weight and said second weight being oppositely disposed and substantially equidistant from said transverse axis, said pedal body further comprising a third weight and a fourth weight operatively connected to said pedal body, said first weight and said second weight being oppositely disposed and substantially equidistant from said transverse axis.

19. Cancelled.

20. (Original) The reversible foot pedal of claim 18, wherein said first surface is adapted to contact an associated foot and said second surface is adapted to contact an associated shoe.

21. (Withdrawn) A method for using a foot pedal with an exercise device, the method comprising the steps of:

providing a pedal body having a first surface and a second surface oppositely disposed from said first surface; and securing means operatively connected to said pedal body;

positioning an associated foot on said first surface;

removing the foot from said first surface;

rotating said securing means about said pedal body; and,

repositioning the foot to said second surface.

22. (Withdrawn) The method of claim 21, wherein said pedal body further comprises a horizontal plane between said first surface and said second surface, the method further comprising the step of:

providing a weight having a central axis, said weight operatively connected to said central axis;

positioning said weight such that said central axis is displaced from said horizontal plane.

23. (Previously Presented) The reversible pedal body of claim 18, wherein said third weight and said fourth weight are disposed longitudinally outwardly of said first weight and said second weight.

24. (Previously Presented) The reversible pedal body of claim 18, wherein said third weight and said fourth weight have diameters, said first weight and said second weight have diameters, wherein said diameters of said third weight and said fourth weight are larger than said diameters of said first weight and said second weight.

25. (Previously Presented) The reversible pedal body of claim 24, wherein said third weight and said fourth weight each have a length L_1 , said first weight and said second weight each have a length L_2 , wherein $L_1 < L_2$.